



## **Interactive Demonstrations**

At the New Hampshire Local Government Center, we understand the power of health prevention and how health risks can significantly contribute to chronic illness and disease. That's why we offer the following interactive demonstrations.

**Body Composition Analysis-** An increased amount of body fat puts an individual at risk for a variety of illnesses such as heart disease and stroke. Body fat amount cannot be detected by appearance alone, which is why it is important to monitor your body composition. Using a bioelectrical impedance body fat monitor, an extremely weak current is sent through the upper body and accurately estimates body fat percentage in comparison to muscle mass. In addition to body fat percentage, participants will learn their BMI (body mass index) and waist to hip ratio. Groups can take advantage of this interactive demonstration alone or accompanied with our Fitness 101 or Nutrition 101 program.

**Blood Pressure Monitoring -** Doctors, diabetes educators, physician assistants, nurses and other healthcare professionals all recommend blood pressure monitoring for various reasons. Monitoring provides your healthcare professionals with better information to understand and manage your blood pressure. Many types of hypertension can only be detected by monitoring your blood pressure. By keeping track of your blood pressure readings, you can provide your healthcare professional with a log of your measurements over time. This can help them evaluate the effectiveness or need for medication.

**Choose My Plate –** Using the new choose my plate as a starting point for exploring good nutrition, this demonstration combines activities and a vivid display. Participants can use life-like food models to create healthy meals for a day, play “Calories Count” and “How Big is a Portion.” They will also look at the sugar content of popular beverages, compare label information and handle realistic models of 5 pounds of fat and 5 pounds of muscle. Groups can take advantage of this interactive demonstration alone or accompanied with our Nutrition 101 program.

**Fatal Vision® Goggles -** At one time or another we may find ourselves behind the wheel of our vehicle only to be so exhausted that we cannot see straight. Driving while you are tired has been likened to driving under the influence. That is why NH Local Government Center offers the Fatal Vision® Goggles, a training tool used to vividly demonstrate the concept of impairment and the dangers of impaired driving. Groups can take advantage of this interactive demonstration alone or accompanied with our Sleep Smarts program.

**Hand Washing Demonstration-** We are constantly exposed to micro-organisms, both good and bad. The harmful micro-organisms are called germs. There are many types of germs (viruses, bacteria, parasites, fungi) that cause many types of illnesses– including the common cold or flu and foodborne illness. These germs can spread easily from one person to another – and have wide-reaching effects. This demonstration will show participants how proper hand washing and use of hand sanitizer can prevent the spread of germs and illness to keep them and their families healthy and germ free. Groups can take advantage of this interactive demonstration alone or accompanied with our Blood Borne Pathogens program.

**Grip Strength Dynamometer –** Strength training is an essential component of physical fitness. Both muscular strength and endurance are proven to increase energy levels, help avoid injuries and foster the performance of daily activities more easily and efficiently. The Grip Strength Dynamometer provides a useful and quick assessment of participants' general upper body strength. Groups can take advantage of this interactive demonstration alone or accompanied with our Fitness 101 program.

**Simulated Smoker's Lungs Demonstration –** Lung cancer is the leading cause of cancer death for both men and women. Nearly 80 percent of all lung cancer cases are due to smoking. In New Hampshire, almost 22 percent of the adult population and nearly 20 percent of high school students smoke. This graphic demonstration can increase employees' awareness of the dangers of smoking by visually illustrating how a diseased lung looks and functions in comparison to a healthy lung. Additional educational information and resources on smoking cessation and prevention are provided.

**Sit and Reach Box** – Flexibility is the ability to move a joint through its complete range of motion. It is an important to a fit and healthy body, not to mention a key element in injury prevention and in the ability to carry out the activities of daily living. The sit-and-reach test will assess hamstring & low back flexibility. Groups can take advantage of this interactive demonstration alone or accompanied with our Back Safety or Fitness 101 program.

**Skin Health Awareness** – Skin cancer is one of the most common cancers in the United States. With the use of UV-  
Lighting, participants can take a look at their own skin and learn more about the power of prevention while gaining awareness of potential skin damage caused by the sun. The UV-A light is capable of penetrating layers of skin to draw attention to all of the problems that can affect skin's health on the face, neck, chest and hands. Participants also receive helpful skin damage prevention tips plus additional educational materials and a pocket size sunscreen. Groups can take advantage of this interactive demonstration alone or accompanied with our Summer Safety program.

**Wii Fit** - Your center of balance, the point between your left and right sides when you are standing upright, has a lot to do with your health. By using the Wii Fit Balance Board, you will measure your center of balance, BMI (body mass index) and body control. At the assessment's end, participants receive their Wii Fit age and set personal health goals.

**For more information or to schedule an Interactive Health & Safety Demonstration contact Bill Byron, Health and Safety Advisor at 230-3311 or [wbyron@nhlgc.org](mailto:wbyron@nhlgc.org).**